

Unit: Cooking with the Sun and Solar Ovens

Lesson #9: Let's Build Sun Ovens

Automobile Shade Solar Oven

Materials

- 5 gallon bucket
- Auto shade cover with reflective material
- Cooling rack
- Two binder clips
- Oven roasting bag with ties
- Lightweight black pot with lid



Instructions

Open out auto shade and arrange in bucket with a curvature. Keep fabric smoothed out as much as possible. Overlap the bottom edge of the auto shade and use two clips to keep it in a bowl shape.



Place a cooking rack across the top of the bucket to make a sturdy surface for the cooking pot to rest on.



Put food in the pot. Put the lid on. Place the pot inside of an oven bag and secure it with a tie. It is important to use an oven bag. Regular plastic bags will melt and give off toxic fumes. It is also important to have a tight seal on the bag so that no air escapes. The trapped heated air is cooking the food. Check temperature every 15 minutes. Food is generally done when condensation begins to drip down the bag.

